

# Noncreditable Foods for Adult Day Care Centers in the Child and Adult Care Food Program

This guidance applies to meals and snacks served to participants in adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). Foods served in reimbursable meals and snacks must meet the CACFP adult meal patterns. For information on the CACFP adult meal patterns and crediting foods for adult day care centers, visit the Connecticut State Department of Education's (CSDE) [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



Noncreditable foods are foods and beverages that cannot credit in the USDA's meal patterns for Child Nutrition Programs. They include foods and beverages in amounts too small to credit (i.e., less than the minimum creditable amount), and foods and beverages that do not belong to the meal pattern components. Examples include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. This list is not all-inclusive.

CACFP adult day care centers may serve noncreditable foods in addition to the meal components to add variety, help improve acceptability in the meal, and satisfy appetites. Some examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

To ensure that CACFP meals and snacks meet participants' nutritional needs, the CSDE encourages adult day care centers to use discretion when serving noncreditable foods. Noncreditable foods typically contain few nutrients and are higher in added sugars, saturated fats, and sodium. Menu planners should read labels, be aware of the ingredients in foods, and limit the frequency and amount of less nutritious choices.

The USDA's [CACFP Best Practices](#) recommends that CACFP menus avoid noncreditable foods that are sources of added sugars. Examples include sweet toppings (e.g., honey, jam, and syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, and cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks and sodas).



# Noncreditable Foods for Adult Day Care Centers in the CACFP

**Note:** CACFP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods, and herbs and spices used to prepare and enhance the flavor of meals. For example, CACFP funds cannot be used to purchase grain-based desserts, gelatin, pudding, or canned cream soups.

Examples of noncreditable foods for adult participants in the CACFP	
Almond milk <sup>1</sup>	Cream soups, canned, e.g., cream of mushroom, cream of celery, and cream of broccoli
Bacon and bacon bits	Drinkable or squeezable yogurt <sup>6</sup>
Banana chips	Eggnog
Bread products that are not whole grain, whole grain-rich, or enriched <sup>2</sup>	Egg whites
Breakfast cereals (ready-to-eat and cooked) with more than 6 grams of sugar per dry ounce <sup>3</sup>	Frozen yogurt
Brownies <sup>4</sup>	Fruit drink, fruit beverage, powdered fruit drink mix
Butter	Fruit leathers
Cake <sup>4</sup>	Fruit punch (not 100 percent juice)
Candy	Fruit snacks, e.g., fruit roll-ups, wrinkles, twists
Candy-coated popcorn	Gelatin, regular and sugar free
Caramel popcorn	Grain-based desserts, e.g., cookies, sweet piecrusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies <sup>4</sup>
Chocolate milk-based drinks, e.g., Yoo-Hoo	Grains that are not whole or enriched <sup>2</sup>
Cereal bars <sup>4</sup>	Granola bars <sup>4</sup>
Cinnamon buns or rolls <sup>4</sup>	Honey
Coffee (regular, decaffeinated, and iced)	Hot chocolate
Commercial processed products without a Child Nutrition (CN) label or product formulation statement (PFS), e.g., entrees, smoothies, and breaded vegetables <sup>5</sup>	Ice cream
Commercial smoothies that contain dietary or herbal supplements	Ice cream novelties
Condiments, e.g., ketchup, mustard, relish, and barbecue sauce	Ice milk
Cookies <sup>4</sup> , except animal crackers and graham crackers	Iced coffee
Cranberry cocktail drink	Iced tea
Cream, half and half	Jam and jelly
Cream cheese	Lemonade
	Limeade
	Maple syrup
	Margarine
	Marshmallows
	Mayonnaise

# Noncreditable Foods for Adult Day Care Centers in the CACFP

## Examples of noncreditable foods for adult participants in the CACFP, *continued*

Mustard	Soda, regular and diet
Milk, whole and reduced-fat (2%)	Soups, non-vegetable, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
Nondairy milk that does not meet the USDA's nutrition standards for fluid milk substitutes <sup>1</sup>	Sour cream
Nutritional beverage supplements, e.g., Ensure and Boost	Soy milk that does not meet the USDA's nutrition standards for fluid milk substitutes <sup>1</sup>
Pastries <sup>4</sup>	Sports drinks
Pie, e.g., coconut, fruit, pecan <sup>4</sup>	Spreadable fruit
Popsicles (not 100 percent juice)	Sweet rolls <sup>4</sup>
Potato chips	Syrup
Probiotic dairy drinks	Tea, regular, herbal, and iced
Pudding	Toaster pastries <sup>4</sup>
Pudding pops	Tofu with less than 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume) <sup>6</sup>
Rice milk <sup>1</sup>	Water
Salad dressings	Yogurt or soy yogurt with more than more than 3.83 grams of total sugars per ounce <sup>6</sup>
Scones, sweet, e.g., blueberry, raisin, or orange cranberry <sup>4</sup>	
Sherbet	
Soda, regular and diet	
Soups, non-vegetable, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice	

- <sup>1</sup> Milk substitutes must meet the USDA's nutrition standards for fluid milk substitutes. For more information, refer to the CSDE's resource, [Allowable Milk Substitutes for Adult Participants without Disabilities in CACFP Adult Day Care Centers](#).
- <sup>2</sup> For guidance on identifying creditable grains, refer to the CSDE's resources, [How to Identify Creditable Grains in the CACFP](#) and [Meeting the Whole Grain-rich Requirement for the CACFP](#).
- <sup>3</sup> For guidance on creditable cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#).
- <sup>4</sup> These items are grain-based desserts and cannot credit in the CACFP meal patterns for children. For more information, refer to the USDA's handout, [Grain-Based Desserts in the CACFP](#).
- <sup>5</sup> Commercial products without a CN label or PFS cannot credit in CACFP meals and snacks. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the CACFP](#), [Using Product Formulation Statements in the CACFP](#) and [Accepting Processed Product Documentation in the CACFP](#), and visit the "Crediting Commercial Processed Products in CACFP Adult Day Care Centers" section of the CSDE's CACFP webpage.
- <sup>6</sup> For guidance on crediting yogurt, refer to the CSDE's resource, [Crediting Yogurt in the CACFP](#).
- <sup>7</sup> For guidance on crediting tofu, refer to the CSDE's resource, [Crediting Tofu and Tofu Products in the CACFP](#).

# Noncreditable Foods for Adult Day Care Centers in the CACFP

## Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting\\_Processed\\_Product\\_Documentation\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf)

Allowable Milk Substitutes for Adult Participants without Disabilities in the CACFP (USDA):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk\\_Substitutes\\_CACFP\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk_Substitutes_CACFP_Adults.pdf)

CACFP Best Practices (USDA):

[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_bestpractices.pdf)

Crediting Breakfast Cereals in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Cereals\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Cereals_CACFP.pdf)

Crediting Commercial Meat/Meat Alternate Products in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Commercial\\_MMA\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Commercial_MMA_CACFP.pdf)

Crediting Commercial Processed Products in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#CommercialProducts>

Crediting Deli Meats in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Deli\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Deli_CACFP.pdf)

Crediting Enriched Grains in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Enriched\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Enriched_Grains_CACFP.pdf)

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<http://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods Made from Scratch in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#ScratchFoods>

Crediting Juice in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Juice\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Juice_CACFP.pdf)

Crediting Smoothies in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Smoothies\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Smoothies_CACFP.pdf)

Crediting Summary Charts for the CACFP Adult Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting\\_Summary\\_Charts\\_CACFP\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP_Adults.pdf)

# Noncreditable Foods for Adult Day Care Centers in the CACFP

Crediting Tofu and Tofu Products in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Tofu\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Tofu_CACFP.pdf)

Crediting Whole Grains in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Whole\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Whole_Grains_CACFP.pdf)

Crediting Yogurt in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Yogurt\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Yogurt_CACFP.pdf)

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

How to Identify Creditable Grains in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify\\_Creditable\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify_Creditable_Grains_CACFP.pdf)

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide\\_CACFP\\_Meal\\_Patterns\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide_CACFP_Meal_Patterns_Adults.pdf)

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<http://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

Resources for the CACFP Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources\\_CACFP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf)

Standardized Recipes in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_CN\\_labels\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_CN_labels_CACFP.pdf)

Using Product Formulation Statements in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_Product\\_Formulation\\_Statements\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

# Noncreditable Foods for Adult Day Care Centers in the CACFP



For more information, visit the CSDE's [Meal Patterns for CACFP Adult Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Noncreditable\\_Foods\\_CACFP\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Noncreditable_Foods_CACFP_Adults.pdf).

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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